

The Parks and Recreation Department is starting to get ready for their second wind on their Healthy Hearts and Parks Fun Walks in the City of El Paso. The walks, which will focus on health, related topics along with the monthly two-mile walks have been a great way for the department to incorporate fitness, health and wellness.

Sierra Providence Health Network will be the sponsor of the event, which is open to individuals of all ages. The City Recreation centers have been very active also with their own walking clubs and should you like to be a part of the upcoming walks or join a walking club in your area call 541-4331. The schedule below shows the walking schedule culminating with an awards ceremony for November 11 at one of the most picturesque parks in the city.

Joe Rodriguez, Recreation Services Manager for the Parks Department says, "These walks have shown how El Pasoans really want to stay fit and be involved in outdoor activities that help them to live more full lives. The activities provided by Sierra Providence have been a great boom to the overall success of the event."

The walks are also an opportunity for people to check their body fat content, blood pressure and other healthy initiatives courtesy of Sierra Providence. Each walking event is two miles and will enable the participants to visit various parks in the community while promoting a healthy lifestyle.

Information on the Healthy Hearts and Parks Walk is available at 541-4331.

Healthy Hearts & Parks Fun Walks 2006

(All walks at 9:00 a.m.)

September	16	Marwood Park	4325 River Bend
October	14	Marty Robbins Park	11600 Vista Del Sol
November	11	Memorial Park	1701 Copia